

**VRABE REGIONAL ADULT BASED
AND CONTINUING EDUCATION**
Spring 2024

ADULT EDUCATION

(High School Completion & ESL):

Register Early for Spring Classes (see page 29)

CONTINUING EDUCATION/ENRICHMENT:

Registration begins January 25th (see page 4)

The Adult Enrichment Courses listed in this catalog are
open for enrollment to all adults in all towns

Enjoy some of our most popular classes
as well as our new offerings!

Register Early!

Page 6

ART CLASSES

Discover your creative side with our popular art classes, perfect for beginners in drawing or painting, as well as those interested in working with clay. Secure your spot by registering early, as space is limited. Explore more details in our catalog!



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FABRIC ARTS

We're offering Crochet 101 and Crochet 102 courses to unleash your creativity with yarn and hook. Whether you're a beginner eager to learn the basics or looking to elevate your crochet skills, these classes are customized for you!



Page 8

COMPUTER CLASSES

Unlock new skills and opportunities with our online computer courses. Whether you are a beginner or looking to enhance your tech skills, our courses cover a range of topics. Excel at Excel! Unlock the ins and outs of Facebook, Instagram, Canva or Shopify!



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FINANCIAL PLANNING

Embark on a quest for financial understanding with our specialized courses, delving into topics such as the stock market, stock options, estate planning, social security planning, understanding Medicare, and more.



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DANCE DANCE DANCE

Line Dancing and Couples Dancing returns! With many class options, ranging from beginners to more experienced, shorter sessions to full 10-week classes, there is something for everyone!



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HOME IMPROVEMENT

Explore our single-session workshops in Home Improvement, featuring fresh topics like Interior Design - Essential Tips and Tricks, Bathroom Remodeling, and Let's Get Organized!



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ENRICHMENT & PERSONAL DEVELOPMENT

Develop your intuition! Learn to communicate with animals! Experience the power of visually envisioning your life and goals with SoulCollage®. Also returning this session is How to Obtain Your Boating License, perfect timing as we head into warmer months.



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DIGITAL PHOTOGRAPHY

Explore our well-loved photography courses suitable for all skill levels, from beginners to advanced enthusiasts. No digital camera? Join our class to master the art of capturing stunning photos with your smartphone!



“Enjoying Life’s Dreams Through Learning”

VRABE REGIONAL ADULT BASED AND CONTINUING EDUCATION

Dr. Joseph Macary, Superintendent of Schools
Mr. Robert Testa, Assistant Superintendent of Schools
Melissa Iles, Director of VRABE Regional Adult Based Education
Darlene Creed, Continuing Education Administrative Assistant

**ONLINE REGISTRATION BEGINS ON
 Thursday, January 25, 2024**

**REGISTER ONLINE AT
www.vrabe.com
 (select Continuing Education)**

**OR BY TELEPHONE
 AT 860-870-6060**

VERNON CONTINUING
 EDUCATION OFFICE
 Rockville High School
 70 Loveland Hill Road
 Vernon, CT 06066
 860-870-6060

CLASSES ARE HELD AT THE FOLLOWING LOCATIONS

ROCKVILLE HIGH SCHOOL
 70 Loveland Hill Road
 Vernon, CT 06066

VERNON CENTER MIDDLE
 SCHOOL
 777 Hartford Turnpike
 Vernon, CT 06066

ONLINE (Virtual Classes)



www.vrabe.com

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CONTINUING EDUCATION/ENRICHMENT REGISTRATION INFORMATION

REGISTRATION BEGINS JANUARY 25, 2024

The SPRING Semester begins on Monday, February 26, 2024

NO CLASSES WILL BE HELD April 2nd, 8th, 9th, 10th

HOW TO REGISTER



• **ONLINE at www.vrabe.com.** ONLINE is the best way to register for class. On-line registration begins on Thursday, January 25, 2024 and is available 24 hours a day, seven days a week. Some classes have limited enrollment and fill up quickly. By registering online you can see if a class still has space available. Go to www.vrabe.com and click on the **Continuing Education** link at the top of the home page. This will bring you directly to the Continuing Education page where you can view the catalog and all the course offerings. To register for a class, click on the category on the left side of that page and all the offerings under that category will be viewable. Click on the class you would like to take and proceed with your registration.



• **BY MAIL:** Complete the registration form located at the back of the catalog. Mail it together with your check payable to Vernon Continuing Education to: Vernon Continuing Education, Rockville High School, 70 Loveland Hill Road, Vernon, CT 06066. Please include an email address and phone number so we can contact you if necessary. You can mail in your registration anytime. Mailed in registrations will be processed by staff when registration opens.



• **BY TELEPHONE:** If you are paying with your MasterCard or Visa, you may register between the hours of 8:00 a.m. and 3:00 p.m., Monday through Friday, beginning January 25th, by calling 860-870-6060.

PLEASE MAKE CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

CONTINUING EDUCATION CLASSES OFFERED IN THIS CATALOG ARE OPEN TO RESIDENTS OF ALL CITIES AND TOWNS. ALL CONTINUING EDUCATION CLASSES ARE FEE BASED. REGISTRATION CONFIRMATIONS ARE ONLY AVAILABLE IF YOU REGISTER ONLINE AT www.vrabe.com OR IF YOU PROVIDE YOUR EMAIL ADDRESS WHEN YOU REGISTER.

REFUND/CREDIT POLICY

A refund will be provided only if the class you're enrolling in is already full or if the class is cancelled. Class credit is not provided as an alternative to a refund, whether it's full or partial. No other refund requests will be accepted.

MASK POLICY

Please note that mask regulations are in accordance with the Town of Vernon and CDC guidelines. Refunds will not be provided in the event of a mask policy being enforced by either the Town of Vernon or CDC. Prior to registering, assess your comfort level with wearing a mask for a specific class, should the policy come into effect.

GENERAL INFORMATION

CLASSES ARE HELD IN VERNON AT MULTIPLE LOCATIONS AND ARE OPEN TO RESIDENTS OF ALL CITIES AND TOWNS.

Please check individual course schedules for date, time and location of each class. Classes are offered at RHS = Rockville High School; VCMS = Vernon Center Middle School.

1. REGISTRATION FEES are payable at the time of registration. Payment can be made by check, cash, money order, MasterCard or Visa. In some classes, this does not include the cost of books, materials or lab fees. See course description for details. THERE WILL BE A \$30 FEE CHARGED FOR CHECKS RETURNED TO OUR OFFICE DUE TO INSUFFICIENT FUNDS.

2. REGISTRATION BEGINS ON THURSDAY, JANUARY 25, 2024. You may register online at www.vrabe.com or by telephone at 860-870-6060. You may also mail in your registration.

3. DISCOUNT: A few of our classes offer a 25% discount for one class per semester. To be eligible for the discount you must qualify as a senior citizen (age 62 or older) or military personnel (active, reserves, or retired). Classes that qualify will mention the discount in the description.

4. LAB FEES: Where noted, some of the lab fees (aka material fees) are payable in cash or money order directly to the instructor on the first night of class. This applies to the Florals, Jewelry, Photography, and Pottery courses for SPRING 2024. Personal checks will not be accepted. For all other courses, lab (materials, supply) fees are included in the course description, and will be added to your total registration.

5. REGISTRATION CONFIRMATIONS ARE AVAILABLE TO YOU IF YOU REGISTER ONLINE OR IF YOU PROVIDE AN EMAIL ADDRESS WHEN YOU REGISTER. We do not mail paper registration confirmations.

6. CLASS CANCELLATIONS due to inclement weather or other emergencies can be seen on your local television station (and their online website) and will be announced on the telephone voicemail at the Continuing Education office. You may access this information by calling 860-870-6060 and selecting option 3 from the menu. The general rule is that if day school is cancelled or closed early, then all evening classes will be cancelled as well. This includes online classes. **We make every effort to reschedule postponed classes whenever possible. Please note that no refunds will be provided if there isn't sufficient time to reschedule classes within the semester.**

7. TEACHER ABSENCE: If an instructor is absent for any reason, he or she will notify class members and a week will be added on to the end of the semester to make up the missed class.

8. Vernon Continuing Education reserves the right to cancel classes, change instructors, or make any modifications to ensure the soundness of the program. Refunds will not be given because of a change of instructor.

9. Unless otherwise stated in a specific course write-up, all students taking Continuing Education classes must be at least eighteen years of age.

REFUND POLICY / CREDIT POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.

WE DO NOT OFFER CREDIT

NO OTHER REFUND REQUESTS WILL BE HONORED.

VRABE

Regional Adult Based Education offers FREE programs in the following areas

•High School Completion:

- CDP – Credit Diploma Program
- NEDP – National External Diploma Program
- GED® Preparation Classes

•Citizenship Classes

•College Transition

•English as a Second Language (ESL Classes)

•Pre-GED (ABE)

FREE CHILDCARE AVAILABLE AT SOME LOCATIONS

See pages 15 through 18 for additional information on these specific programs.

VRABE Regional Adult Based Education is a member of the Connecticut Association for Adult and Continuing Education (CAACE).

VRABE Regional Adult Based Education (VRABE) and Continuing Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity, or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. VRABE and Continuing Education do not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding VRABE, Continuing Education and the Vernon Board of Education's nondiscrimination policies should be directed to Title IX and 504/ADA Coordinator. 860-896-4666

All activities offered by VRABE Regional Adult Based Education and Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact the coordinator for Support Services at 860-870-6060.

ART

BEGINNING DRAWING

The art of drawing forms the basis for a wide array of artistic expressions. Learning to draw is a realistic goal. Throughout our classes, we will engage in projects that aim to improve your drawing abilities, perfect shading techniques, deepen your understanding of perspective, and enable you to create visually appealing compositions. Class is limited to fifteen (15) students.

Supply List for Beginner Drawing:

Set of 15 Faber-Castell Pencils, assorted hardness
8x 10 or 11x 14 Pad of White Drawing Paper
Other supplies may be added as the class progresses

2/27/2024 to 5/7/2024, 8 sessions

Tuesdays: 6:00 PM - 8:00 PM at RHS

Instructor: Jennifer Jeffrey

\$85.00

Please note: Class will not be held on Tuesday, April 2nd, 9th and 16th

INTERMEDIATE DRAWING

If you possess a love for drawing and have a solid grasp of the basics, this course is tailored to your needs. It focuses on refining your skills by delving into advanced drawing techniques, allowing you to nurture your distinctive artistic style further. Any specific challenges you face, whether it's perspective or shading, will be addressed with personalized guidance to support your growth.

Supply List for Advanced Drawing:

Set of 15 Faber-Castell Pencils, assorted hardness
8x 10 or 11x 14 Pad of White Drawing Paper
Set of Artist Colored Pencils (soft core)
Other tools might be added as the class progresses

2/28/2024 to 5/01/2024, 8 sessions

Wednesdays: 6:00 PM - 8:00 PM at RHS

Instructor: Jennifer Jeffrey

\$85.00

Please note: Class will not be held on Wednesday, April 10 & 17.

PORTRAIT/FIGURE DRAWING

If the idea of learning how to draw people has always intrigued you, this class is tailored just for you. Throughout the course, we will explore a variety of techniques, styles, and artistic mediums for creating captivating portraits and figure drawings. A basic knowledge of drawing is recommended before taking this class.

Supply List

Set of 15 Faber-Castell Pencils, assorted hardness
8x 10 or 11x 14 Pad of White Drawing Paper
It may be that other tools and materials will be added as the class progresses.

2/26/2024 to 4/29/2024, 8 sessions

Mondays: 6:00 PM - 8:00 PM at RHS

Instructor: Jennifer Jeffreys

\$85.00

Please note: Class will not be held on Monday, April 8 & 15.

POTTERY, HANDBUILDING AND THROWING

Explore the delight of working with clay, whether you're a beginner stepping into the world of ceramics or someone rekindling an old passion. This course is designed to guide novice ceramists through essential techniques, covering fundamental skills in hand building such as pinch, coil, and slab methods. Additionally, participants will gain proficiency in throwing, mastering techniques like centering, opening, pulling, and trimming. By the end of the course, students will have the ability to create a diverse range of ceramic pieces and apply glazes to achieve polished finished products. Class size is limited to twelve (12) students, ensuring personalized attention. **There is a material fee of \$40 payable to the instructor on the first night of the class. Please bring cash or a money order, as personal checks will not be accepted. If participants wish to purchase extra materials, they can do so directly from the instructor.** Join us for a hands-on journey into the art of ceramics!

2/26/2024 -5/6/2024 10 sessions

Mondays: 5:00 PM - 8:00 PM at RHS

Instructor: Katie Sabal

\$205.00

Please note: Class will not be held on Monday, April 8th

WATERCOLOR PAINTING

Discover the art of watercolor painting in our course designed for beginners and those with some experience. Whether you're entirely new to watercolor or have basic skills, this class caters to a wide range of learners. You'll explore essential techniques, various painting methods, and special effects, focusing on landscapes and florals. Our instructor offers personalized guidance, allowing you to progress at your own pace and fully engage in the creative process. Please note that each class is limited to twelve (12) students, ensuring a supportive and interactive learning environment. You'll receive an email from info@vrabe.com with the materials list a few weeks before the class begins. If you can't find it in your inbox, please check your junk mail and move it to your inbox to receive future emails.

2/26/2024 - 4/22/2024, 8 sessions

Mondays: 6:00 PM - 8:00 PM at RHS

Instructor: Maaida Sheriff

\$85.00

2/28/2024 - 4/24/2024, 8 sessions

Wednesdays: 6:00 PM - 8:00 PM at RHS

Instructor: Maaida Sheriff

\$85.00

Please note: Classes will not be held on April 8th or April 10th

BOOKS, STORIES AND WRITING

NEW! AN EVENING WITH EDGAR – POE, THAT IS...

Come meet the man behind the first detective story—Edgar Allan Poe. Hear his life story and discover its impact on his writing. At the end of this interactive workshop, you will have a better idea of why his works remain universal and are still read and adapted into movies 200 years later. Participants will be encouraged to write and even share their own Faux Poe stories and/or poems. The class is limited to 15 people.

3/4/2024, 1 session

Monday: 6:00 PM to 8:00 PM at RHS

Instructor: Rima Riedel

\$25.00

Check Your Email!

After registering online, you'll get an instant Order Confirmation email from info@vrabe.com. If it is not in your inbox, check your spam/junk folder, move it, and allow future emails from info@vrabe.com for important class updates, including zoom links and material lists.

NEW! FAUX HENRY

Learn to write like a Literary Great. Immerse yourself in the brilliance of renowned author O. Henry. Discover O. Henry's mastery of irony and plot twists. This course provides a brief introduction to the life and works of this beloved literary giant, guiding participants to channel his talents. Get inspired and try your hand at writing, adopting the techniques of this master storyteller. Class size is limited to 10.

4/1/2024, 1 session

Monday: 6:00 PM to 8:00 PM at RHS

Instructor: Rima Riedel

\$25.00

NEW! FAUX POE

Learn to write like a Literary Great. Immerse yourself in the brilliance of the renowned American writer, poet, editor and literary critic, Edgar Allan Poe. Explore Poe's contributions to detective stories, horror, and poetry. This course provides a brief introduction to the life and works of this literary giant, guiding participants to channel their talents. Get inspired and try your hand at writing, adopting the techniques of this master of the macabre. Class size is limited to 10.

3/25/2024, 1 session

Monday: 6:00 PM to 8:00 PM at RHS

Instructor: Rima Riedel

\$25.00

NEW! FINDING YOUR PERSONAL VOICE: INTRODUCTION TO MEMOIR WRITING

Discover your story in just two hours with our seminar, 'Finding Your Personal Voice: Introduction to Memoir Writing.' Perfect for beginners and experienced writers alike, explore the basics of storytelling and expressing your unique voice. Join us for a concise and impactful session to kickstart your memoir-writing journey. Class size is limited to 12.

3/20/2024, 1 session

Wednesday: 6:00 PM to 8:00 PM at RHS

Instructor: Rima Riedel

\$25.00

COMPUTERS AND TECHNOLOGY

(ONLINE) INTRODUCTION TO FACEBOOK & INSTAGRAM FOR BEGINNERS

Explore the world of social media with our class, designed for beginners, retirees, and existing Facebook and Instagram users looking to enhance their skills. Whether you're completely new to these platforms or already have some experience, this course will teach you how to use Facebook and Instagram effectively. Discover the ins and outs of personal profiles, enabling you to harness the full potential of these platforms. If you're interested in utilizing these platforms for business purposes, we invite you to participate in the "Facebook and Instagram for Business" course.

2/26/2024 to 3/25/2024, 5 sessions

Mondays: 6:30 PM - 8:00 PM Online

Instructor: Shaneika Burchell-Kerr

\$65.00

(ONLINE) FACEBOOK & INSTAGRAM FOR BUSINESS

Explore our online course designed specifically for entrepreneurs aiming to establish a strong online presence on social media and connect with their desired customer base. During this program, you'll learn the essentials, including setting up a Facebook business account, mastering Facebook business manager, crafting targeted Facebook ads tailored to your brand, creating an impactful Instagram profile, leveraging the latest Instagram features for audience engagement, efficiently generating and scheduling content for both Instagram and Facebook, and designing compelling advertisements for Instagram. For non-business Facebook and Instagram, check out "Facebook and Instagram for Beginners".

2/26/2024 to 3/25/2024, 5 sessions

Mondays: 8:00 PM - 9:30 PM Online

Instructor: Shaneika Burchell-Kerr

\$65.00

REFUND POLICY / CREDIT POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.

WE DO NOT OFFER CREDIT

NO OTHER REFUND REQUESTS WILL BE HONORED.

NEW! (ONLINE) HOW TO SELL ONLINE WITH ETSY, SHOPIFY, AMAZON & TIKTOK

(This is a Thursday online class)

Discover the key marketplaces for selling both physical and digital goods. Throughout this course, we'll extensively cover Shopify, Etsy, Amazon, and TikTok. By the course's conclusion, you'll possess a comprehensive understanding of these diverse platforms, enabling you to initiate your initial product listing and commence sales. Concerned about not having a product to sell? No need to fret! You'll gain insights into three methods for selling products without the necessity of ownership, inventory, or shipping to your customers. This course caters to individuals seeking to establish or transition their traditional brick-and-mortar or home-based businesses into successful online ventures using the most popular e-commerce platforms.

2/29/2024 to 3/28/2024, 5 sessions

Thursdays: 6:30 PM – 8:00 PM Online

Instructor: Shaneika Burchell-Kerr

\$65.00

(ONLINE) HOW TO USE CANVA LIKE A PRO

(This is a Thursday online class)

Learn how to design digital content for personal and business purposes in this course using Canva. Get hands-on experience creating social media posts, flyers, signs, posters, menus, and apparel designs. Perfect for beginners, this course is for anyone who wants to improve their digital design skills for personal, school, work, or business projects. All you need is a computer and basic computer knowledge to get started.

2/29/2024 to 3/28/2024, 5 sessions

Thursdays, 8:00 PM – 9:30 PM Online

Instructor: Shaneika Burchell-Kerr

\$65.00

(ONLINE) INTERMEDIATE EXCEL

In this class, you will learn how to:

- Create and modify charts
- Create advanced formulas
- Create advanced functions (various If statements, V-lookup)
- Create and manipulate tables
- Create basic Pivot tables

Note: Must have basic Excel skills to be successful in this class.

This class is eligible for a qualifying senior/military discount.

3/6/2024 to 4/17/2024, 6 sessions

Wednesdays: 6:00 PM - 8:00 PM Online

Instructor: Marjorie Cox

\$80.00

Please Note: Class will not be held on Wednesday, April 10th

(ONLINE) INTRODUCTION TO EXCEL

In this class you will learn how to:

- Create spreadsheet
- Modify spreadsheet
- Format spreadsheet
- Create basic formulas
- Create basic functions (and how to use Insert Function feature)
- Prepare spreadsheet for printing

This class is eligible for a qualifying senior/military discount.

3/4/2024 to 4/15/2024, 6 sessions

Mondays: 6:00 PM - 8:00 PM Online

Instructor: Marjorie Cox

\$80.00

Please note: Class will not be held on Monday, April 8th

ONLINE REGISTRATION

**Begins on January 25, 2024
at www.vrabe.com**

INSTRUCTORS WANTED!

CONTINUING EDUCATION INSTRUCTORS AND CLASSES WANTED!

Have an idea for a class that you would like to teach?
Let us know! Email:
Miles@vernon-ct.gov

COOKING AND BAKING

BUTTERCREAM BASICS

Explore the art of cake decorating! Discover the techniques for icing and smoothing, filling and adorning cakes and cupcakes, creating various borders, mastering writing and printing, crafting drop flowers, ribbon roses, rosebuds, ruffle flowers, sunflowers, daisies, leaves, and grass. Additionally, learn the skill of pattern transfer. A list of supplies will be shared before the class commences (and can also be found in the course description online). This class is limited to twelve (12) participants. Please note there is a 2-week break midsession due to school vacation days.

March 19, 26, April 16 and 23, 4 sessions

Tuesdays: 6:00 PM - 8:30 PM at RHS

Instructor: Theresa Martens

\$50.00

NEW! SPRING "BLOOMS" CAKE

PREREQUISITE class: Buttercream Basics

Embrace the arrival of spring with a vibrant, freshly adorned confection featuring fondant and gum paste flowers. In preparation for this session, you will frost and pipe borders on a two-layer (8" or 9") cake at home, using colors of your preference. Bring your decorated cake to class, and step by step you will learn the fondant and gum paste skills to make roses, buds, and other floral decorations that will impress and delight your family and friends. A supply list will be sent to you prior to the first class and can also be found online in the class description.

4/30/2024, 1 session

Tuesday: 6:00 PM - 8:30 PM at RHS

Instructor: Theresa Martens

\$30.00

DANCE, DANCE, DANCE

BEGINNING "HUSTLE" SWING DANCE FOR COUPLES

Sign up is for couples/partners

The 'Swing' is as versatile as the music it is performed to. In just 5 weeks you will learn the basics to two of the more popular and easy to learn "straight forward" Swing patterns, the 4-ct. Western/Pop Swing and the 3-ct. Street Hustle. A variety of adapted Latin Swing patterns (Merengue, Cha Cha, Mambo, and Salsa) will also be introduced in the class. Dancers will swing to Rock, Pop, Country,

Big Band, and Latin tunes. Proper leading, following, and hand positioning skills, as-well-as rhythmic skills will be taught. Beginning through intermediate level moves and twirls will be taught using the "Dance Move building Block" method. Once one pattern is learned, the remaining patterns become easier to add on. Dancers will even have the opportunity to develop and create their own dance moves and amalgamations utilizing the "Dance Move Paradigm" method. Class is designed for the beginning dancer and no dance experience is necessary. Practice dance music and links to YouTube instructional videos will be provided so participants can practice at home in between classes. Video taping of instructor reviewing and teaching new dances and dance moves is permitted. For ease of movement on the dance floor, please wear shoes not sneakers. You must register 2 people for this class. To do this, add a quantity of 1 to your cart. You will be prompted to add your partner's name before final check-out. Enrollment is limited to fifteen (15) couples.

2/27/2024 to 3/26/2024, 5 sessions

Tuesdays: 6:00 PM - 7:30 PM at RHS

Instructor: Chris Hookie

\$65 per couple

COUPLES DANCE – BACHATA + TANGO = BACHATANGO

Sign up is for couples/partners

"Bachatango" is a relatively new style of Latin dance that fuses the four-step pattern of the Dominican Bachata with Argentine Tango moves, including elaborated kicks, dips, turns, ganchos, leg wraps and long pauses. The first 2-3 classes of this (5) five class program will focus on participants learning the basics of the Bachata and American Tango dance patterns and moves plus Argentine Tango dance moves. The last 2-3 classes will focus on the fusion of the Bachata foot pattern with the moves of Bachata, American Tango, and Argentine Tango. No previous Bachata or Tango experience required. Wear comfortable shoes (no black soled rubber shoes –they mark up the dance floor), and bring a water bottle. Class size is limited to (15) fifteen couples. You must register as a couple. To do this add (1) one registration to your cart. When prompted please add your partner's name.

2/27/2024 to 3/26/2024, 5 sessions

Tuesdays: 7:30 PM - 8:30 PM at RHS

Instructor: Chris Hookie

\$45 per couple

LINE DANCING – CHRIS' GREATEST LINE DANCE HITS

Better known in the VRABE Catalog as the Country Western, Swing, and Latin dance instructor, Chris is also an accomplished line dance choreographer and instructor with a current choreographic library of 39 line dances to his name. This 5-week line dance class is a great supplement to the already popular 10-week Line Dance classes offered through VRABE and held at VCMS on Mondays. This line dance class will feature only line dances Chris has choreographed, and different line dances are taught every semester. This is 'not' a beginning level line dance class, some line dance experience is recommended. Chris' line dances range from beginning (easy) through advanced (hard) levels and a couple 'brand new' line dances could also be introduced. Dance description sheets, practice dance songs, and a 'link sheet' to YouTube dance videos will be provided to all participants. Participants are encouraged to video Chris demoing his dances before teaching. Comfortable dance shoes or leather soled boots are recommended (no black soled rubber shoes –they mark up the dance floor), and bring a water bottle. Registration is per person (not per couple)!

4/16/2024 to 5/14/2024, 5 sessions

Tuesdays: 7:30 PM - 8:30 PM at RHS

Instructor: Chris Hookie

\$35.00 per person

LINE DANCING FOR ABSOLUTE BEGINNERS

Discover the joy of line dancing with our beginner-friendly classes! You'll grasp the essential steps and patterns that form the foundation of line dancing, all while having a great time! Our dance sessions feature a diverse selection of music genres, including pop, big band, oldies, Latin, and R&B, in addition to country. Designed specifically for beginners, the class offers introductory level dances. Please wear comfortable closed back shoes—no boots or shoes that will mark the floor. Bring a water bottle, and it is a good idea to dress in layers since once you start dancing, it warms up fast. If you have a bit more line dance experience please see our other offering "Line Dance for Experienced Beginners." Join us in this delightful dance journey! This class is eligible for a senior or military discount.

2/26/2024 – 5/6/2024, 10 sessions

Mondays: 6:00 PM - 7:00 PM at VCMS

Instructors: Sarah Preston Britto, Amanda

DeLisle

\$65.00

Please note: Class will not be held on

Monday, April 8th

LINE DANCING FOR EXPERIENCED BEGINNERS

Explore our Experienced Line Dancing Class, a welcoming space where participants in their 2nd or 3rd session, and seasoned dancers with extensive experience, gather to embrace the class's rhythm and immerse themselves in intricate dance routines. We combine both familiar and new steps and patterns to elevate your skills, ensuring an interactive and fun learning experience. Our music playlist is a delightful fusion, featuring not only country but also pop, big band, oldies, Latin, and R&B tunes, designed to keep you energized and engaged throughout the session. For your utmost comfort, please wear closed-back shoes—no boots or floor-marking shoes are permitted. Don't forget to bring your water bottle, and we recommend dressing in layers, as the room quickly warms up once the dancing commences. If you're new to line dancing, consider joining our "Line Dancing for Absolute Beginners" class to embark on your dance journey with us! This class is eligible for a military or senior discount.

2/26/2024 – 5/6/2024, 10 sessions

Mondays: 7:00 PM - 8:30 PM at VCMS

Instructors: Sarah Preston Britto, Amanda

DeLisle

\$80.00

Please note: Class will not be held on Monday, April 8th

TRADITIONAL COUNTRY WESTERN COUPLE DANCING

Sign up is for couples/partners

Traditional C/W dance is not the "modified" circular Ballroom style of dance taught at most chain dance studios across the US, "Traditional" C/W dancing has a more straight line progressive style that can be performed to Country music as well as to Pop, Rock, Ballroom, & even EDM music. In this 5 week class you will have the opportunity to learn the basics of 6 of the most popular C/W couple dances performed across the US. Dances to include: Single, Double, & Triple Rhythms of the Texas Two-Step, Three-Step, One-Step, & Country Waltz. Emphasis will be made in proper traditional C/W dance styling, leading and following techniques, dance/music distinction and the development of dance move amalgamations. Beginning through intermediate level moves and twirls will be taught using the "Dance Move Building Block" method. Once one pattern is learned, the remaining patterns become easier to learn. Dancers will also have the opportunity to develop and create their own dance moves and amalgamations utilizing the "Dance Move Paradigm" method. Class is designed for the

beginning dancer, no experience necessary. Practice dance music and links to YouTube instructional videos will be provided so participants can practice at home in between classes. Video taping of instructor reviewing and teaching new dances and dance moves is permitted. You must register two (2) people for this class to your cart. To do this, add a quantity of 1 to your cart. You will be prompted for your partner's name when adding the class to your cart. Enrollment in this class is limited to fifteen (15) couples.

4/16/2024 to 5/14/2024, 5 sessions

Tuesdays: 6:00 PM -7:30 PM at RHS

Instructor: Chris Hookie

\$65.00 per couple

DEVELOPING YOUR ANIMAL INTUITION

In this course, you will learn to understand and communicate with animals on a mind, body, and soul level. You will learn how to communicate intuitively with animals, by learning and understanding the needs, wants, desires, and messages of all animals not just your own. Are you looking for an all-encompassing way to learn animal communication? In this fun interactive, inspiring class you can. You will receive a course workbook that will be used in class and at home, along with exercises to practice when home. Class size is limited to twelve (12) students. There is a \$5.00 material fee included in the registration.

2/27/2024 to 3/6/2024, 5 sessions

Tuesday: 6:00 PM - 8:00 PM at RHS

Instructors: Lisa Huppert, Rev. Heather DeLusso

\$65.00

ENRICHMENT & PERSONAL DEVELOPMENT

BOATING, PWC & HOW TO OBTAIN YOUR BOATING LICENSE

Boat America is a boating certificate class that offers an in-depth and interesting boating safety course and provides the knowledge needed to obtain a CT boating certificate. The class is taught by certified instructors of the U.S. Coast Guard Auxiliary and, with the purchase of your state certificate, will allow you to drive a Personal Water Craft (PWC) or any boat up to 65 feet. Some insurance companies will also offer discounts on boating insurance to boaters who successfully complete this course. A \$10 discount is available for senior citizens and first responders for this class. You **must** phone in your registration to receive this discount.

3/5/2024 to 4/16/2024, 5 sessions

Tuesdays: 6:15 PM - 8:30 PM at RHS

Instructors: David Marriott, Eileen Christensen, Neil Shilansky

\$50.00

Please note: Students must attend all 5 classes to pass the course. There will be no classes on April 2nd and 9th, the last class is April 16th.

DEVELOPING YOUR INTUITION- BEGINNING LEVEL

Psychics are individuals who are able to see, hear, feel, sense, taste, or have intuition beyond the boundaries of what we have been taught. Everyone is a psychic to some degree. The first step to becoming a psychic medium is to learn particular skills, in which this course will empower and help you develop. Participants will be given a course workbook that will be used in class and at home covering the following topics: psychic terminology, runes, pendulums, self-care for the psychic, psychic protection, energetic body, opening up your intuition, connecting and perceiving Spirit and Spirit Guides. In addition to the class workbook students will be given materials related to the content of the class. Enrollment will be limited to twelve (12) students. Registration fee includes a \$15.00 materials fee.

4/16/2024 to 5/14/2024, 5 sessions

Tuesday: 6:00 PM - 8:00 PM at RHS

Instructors: Lisa Huppert, Rev. Heather DeLusso

\$80.00

Check Your Email!

After registering online, you'll get an instant Order Confirmation email from info@vrabe.com. If it is not in your inbox, check your spam/junk folder, move it, and allow future emails from info@vrabe.com for important class updates, including zoom links and material lists.

SOULCOLLAGE® CARD-MAKING: COMMITTEE AND COMMUNITY SUITS

SoulCollage® is a process of selecting and putting together images in a small collage that reflects the ongoing story of who you are. This is a great class for those looking to expand their SoulCollage® deck or for those new to the process and want to experience it. The focus of this class will be the Committee and Community suits of the deck. The committee suit honors all those different parts of you – all the different roles you take on throughout your life. The community suit honors those people and animals that have helped you become who you are and are important to you in some manner. Time will be given to make cards and process them. All materials are included. Come join the fun! Enrollment in this class is limited to twelve (12) students. There is a \$10 materials fee payable at the time of registration.

3/11/2024 to 3/25/2024, 3 sessions
Mondays: 6:00 PM - 8:00 PM at RHS
Instructor: Lisa Huppert, Rev. Heather DeLusso
\$45

EXERCISE & PHYSICAL FITNESS

NEW! CORE AND CARDIO

Do you want to burn fat and have more energy? Then Core and Cardio is the class for you! This class is a mix of cardio and core exercises, focusing on core muscles, which will help build coordination and muscle endurance. It will get your blood flowing, and you'll use weights and other props to improve strength and balance. This class is open to everyone; no previous experience is necessary, and modifications will be available for anyone who needs them. Enrollment in this class is limited to twelve (12) students

2/27/2024 – 3/26/2024, 5 sessions
Tuesdays: 6:00 PM – 7:00 PM at VCMS
Instructor: Marlene Navarro Michaud
\$45

NEW! (ONLINE) ZUMBA AND Z-TONE

Zumba & Z-Tone ONLINE sessions are set to upbeat music and feature choreographed dance numbers that you might find in a nightclub. You don't need to be a great dancer to feel welcome in a Zumba and Z-Tone class. The classes emphasize moving to the music and having a good time, with no rhythm required. This is a good way to lose extra pounds and have fun. Zumba and Z-Tone classes can be modified to meet your needs. Enrollment will be limited to twelve (12) students. Being on camera is optional.

3/6/2024 – 3/27/2024, 4 sessions
Wednesdays: 6:00 PM – 7:00 PM at VCMS
Instructor: Marlene Navarro Michaud
\$40

4/17/2024 – 5/8/2024, 4 sessions
Wednesdays: 6:00 PM – 7:00 PM at VCMS
Instructor: Marlene Navarro Michaud
\$40

PILATES CORE

Are you interested in achieving a strong core and a toned stomach? This class is designed to assist you in reaching your fitness goals! Pilates Core is the perfect choice for individuals seeking to enhance their core strength. The class specifically targets the muscles in the abdomen, lower back, and hips, commonly referred to as the "powerhouse," which is crucial for stability. Pilates Core incorporates a variety of props, light hand weights, and contemporary movements, offering a modified version of the Pilates Mat Workout. By participating in this class, you can develop a sturdy inner core while shaping long, slender muscles. Suitable for individuals of all fitness levels, the class offers modifications for those who require them. All you need to bring is a mat, some water, and 1 or 2 lb. weights. Feel free to wear comfortable attire such as sweats and a t-shirt. It's important for students enrolling in this beginner-level class to be physically capable of performing the taught postures. Please note that class enrollment is limited to twelve (12) students.

2/27/2024 – 5/14/2024, 10 sessions
Tuesdays: 5:00 PM – 6:00 PM at VCMS
Instructor: Marlene Navarro Michaud
\$90.00

Please note: Class will not be held on April 2nd and April 9th.

ONLINE REGISTRATION

Begins on January 25, 2024
at www.vrabe.com

EXPLORING LANGUAGES

AMERICAN SIGN LANGUAGE (ASL) 1

This class provides a beginner-level, full immersion, voice off experience in American Sign Language (ASL). Participants will engage in communication activities such as group exercises, games, and dialogues to enhance their ASL skills. It is suitable for all individuals, including those who are hearing, hard of hearing, or Deaf, aiming to learn ASL communication. The course covers vocabulary, expressive and receptive signing abilities, language structure, and offers insights into Deaf culture beyond typical textbook content. Handouts and supplementary resources will be provided to support the learning process.

Course Objectives

- Recognize and produce ABC's and basic finger spelled words.
- Demonstrate the ability to use the numbers from 1-50.
- Demonstrate the ability to use appropriate signs based on conceptually accurate signs/vocabulary in chapters studied, approximately 350 vocabulary words from the chapters
- Create basic sentences using vocabulary learned.
- Develop basic small talk conversational strategies in ASL using interactive activities.
- Identify, and begin to apply and utilize the grammatical features of ASL (5 ASL Parameters) – Handshape, Location, Palm Orientation, Movement, and Facial Expression/Non-Manual Markers
- Become familiar with the various modes of communication used by Deaf individuals.
- Demonstrate the ability to have a basic conversation with a fluent signer.

Learning any new language requires time and practice.

This course is 10 weeks and will cover units #1-8 from the textbook.

Purchase of the textbook is optional. A PDF of the chapters covered will be available.
Textbook: Learning American Sign Language: Levels I & II - Beginning and Intermediate (2nd edition) by Tom Humphries and Carol Padden. The same book will be used for future classes.

2/28/2024 – 5/8/2024, 10 sessions
Wednesdays: 6:00 PM - 8:00 PM at RHS
Instructor: Jennifer Stanley
\$100.00

Please note: Class will not be held on Wednesday, April 10th

FABRIC ARTS

CREATIVE SEWING

Come join our 8-week class for a delightful evening of sewing and camaraderie. Everyone is encouraged to participate, regardless of their sewing experience. Learn the basics of using a sewing machine, commercial patterns, and a variety of sewing techniques. All projects will be tailored to your skill level and interests. Please bring your own sewing machine in GOOD WORKING CONDITION, along with its owner's manual if available. Don't forget bobbins and thread! A basic list of sewing tools will be shared before the first class. Since this class is customized according to your experience, we will decide on sewing projects on the first night, and additional supply lists will be provided based on these projects. This class is limited to 15 people.

This semester, we will process the first 7 registrations (mailed-in or dropped-off) in the order received, and notify those who received a spot. Any other mailed-in or dropped-off registrations will not be processed because the remainder seats will be for online registration only. Checks will be returned.

You are welcome to put your name on the Wait List if you do not get a space in the class. When registration goes live at midnight on January 25th, there will be 8 seats available. We are providing you with this information because this class is extremely popular and has double to triple the amount of interest than there is space for. We would love to offer more classes. If you know anyone interested in teaching a sewing class please have them contact our office.

2/27/24 to 4/30/24, 8 sessions
Tuesdays: 6:00 PM - 9:00 PM at VCMS
Instructor: Sara Jane Reilly
\$70.00

Please note: Class will not be held on Tuesday, April 2nd & April 9th

INSTRUCTORS WANTED! CONTINUING EDUCATION INSTRUCTORS AND CLASSES WANTED!

Have an idea for a class that you would like to teach?
Let us know! Email:
Miles@vernon-ct.gov

VRABE REGIONAL ADULT BASED EDUCATION

FREE PROGRAMS - PAGES 15-18

OUR MISSION

The mission of the VRABE Regional Adult Based Education program is to offer dynamic, multicultural services in an atmosphere of respect, appreciation, and acceptance of all. It is the goal of VRABE to empower students with the knowledge and tools necessary to succeed both personally and professionally in a technologically-advanced society.

PARTICIPATING TOWNS

The following fourteen towns participate in the **FREE** adult-based educational programs described in the next three pages. VRABE Regional Adult Based Education provides these programs which are funded by participating communities, state and federal grants, and other grant sources.

ASHFORD
BOLTON
COLCHESTER
COVENTRY
EAST WINDSOR
ELLINGTON
GLASTONBURY

GRISWOLD
MANSFIELD
SOUTH WINDSOR
TOLLAND
VERNON
WETHERSFIELD
WILLINGTON

PROGRAMS

VRABE's programs are designed with busy adults in mind allowing them to:

- enhance skills to improve employability
- earn a high school diploma
- develop literacy skills
- improve English speaking, reading, and writing
- prepare for college
- study to earn U.S. Citizenship
- develop technology skills

VRABE can help students meet their goals. Students are placed in a particular program based on individual goals, state mandated testing, and the availability of courses. VRABE's current programs include:

- ◆ High School Completion:
 - CDP – Credit Diploma Program
 - NEDP – National External Diploma Program
 - GED® Test Preparation Classes
- ◆ Citizenship Classes
- ◆ College Transition
- ◆ English as a Second Language (ESL Classes)
- ◆ Pre-GED (ABE)

Find the program that fits your needs! See program descriptions on the following pages. Visit us at www.vrabe.com.

**SPRING CLASSES
IN-PERSON AND SOME
VIRTUAL OPTIONS
AVAILABLE**

GED, CDP, NEDP & ESL ORIENTATION & REGISTRATION

(see Page 29 for more information about Orientation)

ORIENTATION is required for all High School Completion options and ESL

- 1) Register for an Orientation online at www.vrabe.com or call **860-870-6060**.
- 2) All students must provide a valid photo I.D. (state issued, driver's license, non-driver or passport). Proof of Connecticut residency in our regional towns required to join classes.
- 3) Students ages 17 and 18 must provide Connecticut withdrawal paperwork from their local school district.
- 4) Students interested in the Credit Diploma Program must provide an Official Transcript from the last high school they attended.
- 5) See descriptions on next pages for the three High School Completion Options: GED Test Preparation, Credit Diploma Program (CDP), National External Diploma Program (NEDP) and English as a Second Language(ESL).

PRE-GED CLASSES (ABE)

This pre-GED course is designed for the student who needs to develop additional skills before enrolling in GED® test preparatory classes. Students work individually with the classroom teacher on math and basic literacy skills. Instructional levels range from beginning literacy to pre-GED readiness. For additional information, call 860-870-6060.

GED® TEST PREPARATION CLASSES

This course prepares students to pass the State of Connecticut administered GED® Test. The computer-based GED® Test is administered at approved GED Testing Centers throughout the State. The GED® test covers four content areas – literacy, mathematics, science and social studies. Students 17 and older can enroll in the GED® test preparatory classes. Individuals ages 17 or 18 must submit documentation that they have been withdrawn from school for at least six months prior to registering for the test. An applicant 21 years of age or older and a non-veteran must pay a fee of \$13 to register to take the GED® test. There is no registration fee for veterans or individuals under the age of 21. Accommodations on the GED® test may be available for individuals with a documented disability. We offer GED® test preparation classes in Colchester, East Windsor, Glastonbury, Griswold, Mansfield, Vernon, and Wethersfield. Both day and evening classes are available in Vernon. For additional information, call 860-870-6060.

HIGH SCHOOL CREDIT DIPLOMA (CDP)

VRABE IS HERE TO HELP:

FREE GED® Test preparation classes and practice tests

- To register for the test, you must be a **CT resident**, at least **17 yrs. old**, and have a **valid photo ID**
- If 17 or 18 yrs. old, visit www.vrabe.com and click on GED® for additional documents needed
- Testing is free if under age 21 or a veteran, but costs \$13 to register to take the test if age 21 or older

**SPRING CLASSES
IN-PERSON AND SOME
VIRTUAL OPTIONS
AVAILABLE**



FREE CHILDCARE
for Adult Education
students enrolled in
Family Learning
GED or ESL classes

Complete your high
school diploma or
improve English (ESL)

See page 18
860-870-6060
www.vrabe.com

REGISTRATION PROCEDURE FOR THE GED® COMPUTER-BASED TEST:

- Test-takers can register online by visiting www.GED.com and clicking on “Create an Account”; **OR**
- Test-takers can register through the Pearson VUE call center at 1-877-EXAM-GED (392-6433); **OR**
- Test-takers can call VRABE Regional Adult Based Education (VRABE) at 860-870-6060 for additional information.

VISIT OUR WEBSITE: www.vrabe.com

CALL US: 860-870-6060

“GED® is a registered trademark of the American Council on Education (ACE) and administered exclusively by GED Testing Service LLC under license. This publication is not endorsed or approved by ACE or GED Testing Service.”

The Credit Diploma Program (CDP) offers students an opportunity to fulfill the State of Connecticut requirements for high school completion by attending classes at one of our sites. Academic classes are structured to meet the graduation requirements of participating school districts and the needs of the students (with some distance learning options). In addition, students may be awarded credit for work experience, military service, or volunteer services. A Vernon Regional Adult High School Diploma is conferred upon completion of the program. We offer classes at William J. Johnston Middle School - Colchester, E.O. Smith High School - Mansfield, Griswold High School - Griswold, and Rockville High School - Vernon. For additional information, call 860-870-6060.

NATIONAL EXTERNAL DIPLOMA PROGRAM (NEDP)



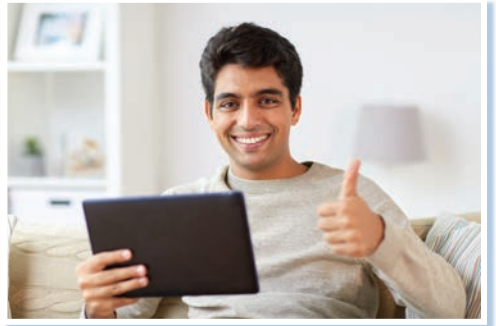
The National External Diploma Program (NEDP) provides students with a path toward high school completion. It is an ideal program for students who are motivated and self-directed. Students work individually with an assessor to demonstrate high school level mastery of skills. This computer-based program takes approximately 6-12 months to complete. A Vernon Regional Adult High School Diploma is conferred upon successful completion. This program is available to eligible residents in our 14 town region. For additional information, call 860-870-6060.

ENGLISH AS A SECOND LANGUAGE (ESL)



The instruction in ESL classes is designed for adults who have limited proficiency in the English language or whose native language is not English. ESL programs assist individuals in improving their English skills in listening, speaking, reading and writing in order to find or maintain employment, attain citizenship, become more involved with their children's schooling and make greater use of community resources. Instruction is provided in English as a unifying means of serving the broad ethnic diversity of limited-English speaking adults. Classes are offered in Colchester, East Windsor, Glastonbury, Griswold, Mansfield, Vernon and Wethersfield. Some locations offer both day and evening classes. Small classes allow for active participation. This is a wonderful opportunity to experience a variety of cultures. For additional information, call 860-870-6060.

CITIZENSHIP



The instruction in this virtual program is designed for foreign-born adults who wish to become United States citizens. Persons completing this program are prepared to pursue citizenship through the prescribed process of the United States Citizenship and Immigration Services. Students must be able to read and converse in English well enough to pass an appraisal test, administered prior to start date. Daytime or evening virtual classes are available to residents in our 14 town region. For additional information, call 860-870-6060.



[facebook.com/vernonadulthood](https://www.facebook.com/vernonadulthood)



VRABE Regional Adult Based Education is in compliance with Connecticut General Statutes Sec. 10-73a and does not charge a fee for registration, textbooks or materials used in the mandated program areas.

FAMILY LEARNING GED/ESL

FAMILY LEARNING PROGRAM FREE CHILDCARE! EARN YOUR GED® OR LEARN ENGLISH

Do you have **young children**? Do you need your **GED®** (high school diploma)? Do you want to **improve your English**? **The Family Learning program** provides the following:

- ✓ prepare to complete your GED®
- ✓ improve your English language ability (ESL)
- ✓ develop your parenting skills
- ✓ become full partners in your child's education
- ✓ learn from guest speakers
- ✓ career counseling and employment readiness
- ✓ early childhood education at no cost

You are your child's first and most important teacher. This program will give you additional tools to improve your children's success in school and in life. Register early, space is limited. For additional information, call 860-870-6060.

Glastonbury – Lutheran Church of St. Mark (ESL/GED)

Tuesdays: 11:00 a.m - 2:45 p.m.
Wednesdays: 12:00 - 2:00 p.m. (virtual)
Thursdays: 11:00 a.m. - 2:00 p.m.

Childcare provided by YMCA

All activities offered by VRABE Regional Adult Based Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Call Disability Contact Person at 860-870-6060

**ADULT EDUCATION CLASSES
START THE WEEK OF MARCH 4th
(SEE PAGE 29 FOR
ORIENTATION INFORMATION).**
*Or visit us online at
www.vrabe.com*

Accommodations for the GED® tests are available for qualified individuals with a disability. For more information, call Disability Contact Person at 860-870-6060. You may also contact Sabrina Mancini at the Connecticut State Department of Education at 860-807-2110



facebook.com/vernonadulted

CROCHET 101 BASICS

This class is designed for anyone interested in learning or reviewing the basic techniques of crochet to enhance their creative abilities. Throughout the course, participants will cover the following topics:

1) Proper way to hold the crochet hook and understand its important parts. 2) Correct technique for holding the yarn and interpreting information on yarn skein labels. 3) Mastery of the six (6) basic crochet stitches and the significance of the foundation row. 4) Understanding 'turning chains' and their role in crochet. 5) Working in rows with basic stitches, including how to start and finish rows. 6) Recognition of basic stitches, correct hook placement, and counting of stitches and rows. 7) Familiarization with crochet terminology and abbreviations. 8) Reading level-1 and level-2 crochet patterns. 9) Adding new yarn and changing yarn color in a crochet piece.

Students will also delve into advanced topics, including reading crochet patterns, shaping in crochet, working in rounds, and understanding diagram patterns. Class size is limited to ten (10) students.

Please bring to class; one size K crochet-hook, one solid medium color worsted weight Red Heart Yarn or Carron Yarn-#4, (no dark or too light color yarns because you need to be able to see your basic stitches). Also bring small scissors, a tapestry plastic yarn needle with large eye, a tape measure or ruler, and crochet plastic markers.

2/27/2024 to 4/30/2024, 8 sessions

Tuesdays: 6:00 PM - 8:00 PM at RHS

Instructor: Diane Snarski

\$85.00

Please note: No classes will be held on April 2nd and April 9th

NEW! CROCHET 102: BEYOND THE CROCHET BASICS

In this crochet class students will continue on to the next level of crochet. The purpose of this class is to increase your crochet knowledge and skills in this fascinating field of crochet needle art. Previous understanding of basic crochet is required. Students will be taught further understanding & reading of crochet patterns, understanding shaping in crochet, explore stitch patterns, learning the next level of working in rounds, introduction into multiples and introduction to Universal Crochet Chart Symbols & Patterns. Students will also learn to create edgings. Throughout the class, students will work on sample swatches during both in-class sessions and as homework. A class crochet project will be assigned on the first night of

class. Class supplies: one skein of solid color (nor dark or multi-color) yarn, size medium worsted weight yarn #4, crochet hook size K, small scissors, measuring tape or ruler, crochet markers. Additional supplies will be added for Crochet Pattern Project.

2/28/2024 to 4/17/2024, 7 sessions

Wednesdays: 6:00 PM - 8:00 PM at RHS

Instructor: Diane Snarski

\$85.00

Please note: Class will not be held on April 10th

FINANCIAL PLANNING

NEW! CHARTING A COURSE: NAVIGATING THE STOCK MARKET

In the world of stock investing, the art of reading a price chart is a valuable skill that empowers investors to make informed decisions based on the visual representation of price movements and patterns. Through the study of charts, indicators, and support and resistance levels, technical analysis provides insights into market sentiment, trend formation, and potential turning points. This class will provide you with the basic tools and techniques to navigate the landscape of the market and recognize patterns and clues in the market. You will learn:

- How to read a price chart and candlesticks
- Identify the areas of support and resistance
- How to identify trends
- Learn basic pattern formations and what they mean
- How to use indicators such as RSI, ATR, and moving averages for confirmation

This class includes a Demo of TradingView, a very popular free charting package, so you can follow along and learn how to chart stocks and navigate the markets.

3/4/2024 TO 3/25/2024, 4 sessions

Mondays: 6:30 PM - 8:30 PM at RHS

Instructor: Brian Flynn

\$55

ONLINE REGISTRATION

Begins on January 25, 2024
at www.vrabe.com

NEW! DIVIDEND INVESTING: HOW TO BUILD A DIVIDEND SNOWBALL!

Dividend investing is a powerful strategy for creating passive income and growing your wealth over time. By consistently reinvesting your dividend income into additional dividend paying companies you will create a “dividend snowball” that will compound and grow your portfolio over time. In this class you will learn:

- How dividends work
- How to identify high quality companies with a long track record of paying dividends
- How to evaluate the quality of the dividend
- How to build a diversified dividend portfolio

2/26/2024, 1 session

Monday: 6:30 PM - 8:30 PM at RHS

Instructor: Brian Flynn

\$25

NEW! HOW ESTATE PLANNING AND ASSET PROTECTION CAN WORK TOGETHER TO SECURE YOUR NEST EGG

Planning for the future can seem overwhelming...and maybe a bit scary. That's why so many people put it off. But an estate plan is something that every adult should have - especially because we know that life can throw a curve ball at any age. This is why it's never too early to legally document your wishes and form a game plan for protecting your financial future. In this session, Certified Elder Law Attorney Brendan Daly will discuss important estate and asset protection planning documents, such as Wills, Living Trusts, Powers of Attorney and Health Care Directives. He'll also share strategies to protect your assets should an unforeseen crisis occur in your family. You'll gain an understanding of how the Medicaid rules work and the pitfalls to avoid. Brendan will explain different planning techniques that can protect your life savings from the costs of long-term care. All students will receive an easy-to-understand trusts guidebook written by our attorneys.

3/4/2024, 1 session

Monday: 6:00 PM - 7:30 PM at RHS

Instructor: Attorney Brendan Daly

\$15.00

MEDICARE 101

Are you a little confused trying to understand how Medicare works and what is best for YOU? Please join us for this educational Medicare seminar (no selling) and learn about your healthcare options. You will learn how and when to enroll in Medicare and how to choose the right plan that addresses your specific healthcare needs. Did you know that Medicare can also be available to those under 65 who may qualify because of their specific healthcare needs? The little known Medicare Savings Program will also be discussed.

4/29/2024, 1 session

Monday: 6:00 PM - 7:30 PM at RHS

Instructor: Sam Moser

\$20.00

(ONLINE) PLAN YOUR SOCIAL SECURITY WITH CONFIDENCE...DO YOU KNOW WHICH STRATEGY IS BEST FOR YOU?

When should you take your Social Security? How do you apply? What impact does your spouse's Social Security have on what you collect? This ninety-minute presentation covers not only the basics of Social Security but also reveals strategies for maximizing your benefits. We will discuss how to minimize taxes on Social Security benefits and how to coordinate your Social Security with your other sources of retirement income. We welcome your questions about Social Security benefits as you explore your own personal options in making this financial decision. This class will be a LIVE online class held via StartMeeting. You will be sent instructions on how to log in one week prior to the class.

There are two dates to choose from for this 1-session course.

3/11/2024, 1 session

Monday, 6:30 PM – 8:00 PM Online

Instructors: Albert D'Agosto, Charles Yannich

\$20

5/15/2024, 1 session

Wednesday: 6:30 PM - 8:00 PM Online

Instructors: Albert D'Agosto, Charles Yannich

\$20

Check Your Email!

After registering online, you'll get an instant Order Confirmation email from info@vrabe.com. If it is not in your inbox, check your spam/junk folder, move it, and allow future emails from info@vrabe.com for important class updates, including zoom links and material lists.

NEW! THE POWER OF STOCK OPTIONS

Are you ready to take your investing to the next level with stock options? Stock options are a powerful and versatile tool that can be used to generate income, protect a stock portfolio, and profit in up, down, and sideways markets. Options trading can be complex, but it can also be very rewarding once you understand how to use them. In this introductory class you will learn:

- What stock options are and how they work
- The different types of stock options
- How to read and understand an option chain
- How to develop and implement four basic options strategies.

Enroll today and start exploring the world of stock options!

4/1/2024 TO 4/29/2024, 4 sessions

Mondays: 6:30 PM - 8:30 PM at RHS

Instructor: Brian Flynn

\$55

Please note: Class will not be held on 4/8/2024

WEALTH AND WOMEN

Unlock Your Potential is a seminar to help overcome the gender gap, teach women core principles of financial planning, and motivate them to become financially independent. A licensed benefit consultant, Joan Norman, will also present key facts regarding health insurance and Medicare. This seminar is open to women age 18 or older who are looking to take charge of their financial world.

3/13/2024, 1 session

Wednesday: 6:00 PM - 7:00 PM at RHS

Instructor: Kimberly Flynn

\$15

WHAT IS A TRUST: DO YOU NEED ONE?

What is a trust, and how can it benefit you? You may be familiar with some of the different types of trusts out there such as Revocable, Irrevocable, Special Needs, or Testamentary. In this program, we will explain how the different trusts work and clarify when using a trust may, or may not, be appropriate. We will also discuss the benefits of trusts including how they can be used to minimize or avoid taxes, safeguard assets from potential ex-spouses and creditors, preserve public benefits for loved ones, support beneficiaries with a disability or special needs, and if you can actually avoid probate court. Whether you're new to trusts or have some understanding of them, our goal is to ensure you leave with a comprehensive understanding of how these

valuable planning tools can work to your advantage. As part of the program, every participant will receive an informational booklet about trusts crafted by our estate planning and elder law firm.

3/11/2024, 1 session

Monday: 6:00 PM - 7:00 PM at RHS

Instructor: Attorney Brendan Daly

\$15.00

FLORAL DESIGN

BEGINNING FLORAL DESIGN

If you're just starting with floral design, this course is for you! You'll learn the basics of working with fresh flowers, including how to take care of them and create beautiful arrangements. Care and handling of fresh materials and the principles of good design will be discussed. There will be a lab fee of \$120 payable to the instructor in full the first night of class to cover the cost of supplies for all seven classes. This fee should be paid in cash or money order made payable to the instructor. Enrollment in this class is limited to ten (10) students.

2/28/2024 to 4/17/2024, 7 sessions

Wednesday: 6:30 PM - 8:30 PM at RHS

Instructor: Cindy Gorsky

\$60.00

Please note: Class will not be held on Wednesday, April 10th

INTERMEDIATE FLORAL DESIGN

If you're already familiar with floral design, this advanced class is designed to elevate your expertise. You'll engage in crafting more intricate designs using fresh flowers. There will be a lab fee of \$120 payable to the instructor in full the first night of class to cover the cost of supplies for all seven classes. This fee should be paid in cash or money order made payable to the instructor. Enrollment in this class is limited to ten (10) students.

a. 2/26/2024 to 4/15/2024, 7 sessions

Monday: 6:30 PM - 8:30 PM at RHS

b. 2/27/2024 to 4/23/2024, 7 sessions

Tuesday: 6:30 PM - 8:30 PM at RHS

Instructor: Cindy Gorsky

\$60.00

Please note: Classes will not be held on April 2nd, April 8th, April 9th

HEALTH IN BODY & MIND

BEGINNER YOGA

Discover the world of yoga with us! Yoga welcomes everyone, regardless of their background, fitness level, body shape, or age. Its numerous health benefits and stress reduction techniques are accessible to all, whether you're a beginner or have years of experience. Come join us while we focus on classic yoga postures, breathing techniques, and deep guided relaxation. All you need is a yoga mat, some water, and a smile. Feel free to wear whatever you're comfortable in, whether it's sweats, a t-shirt, or anything else. In this class, we'll explore foundational yoga poses, breaking them down step by step. You can customize the poses to suit your body and experience level. Whether a posture is new, familiar, or something you're working toward, the key is to be gentle with yourself, honor your body, have fun, and experience the positive impact of yoga and stress relief. Students need to be physically capable of performing beginner-level postures. Wear attire that allows for easy movement and bring your yoga mat and water bottle. Class is limited to eighteen (18) students.

3/6/2024 – 5/1/2024, 8 sessions

Wednesdays: 7:00 PM – 8:10 PM at RHS

Instructor: Cynthia Barlow

\$70.00

Please note: Class will not be held on April 10th

NEW! (ONLINE) HEALING YOUR RELATIONSHIP WITH YOUR BODY

Your relationship with your body is the most important relationship in your life, yet we learn to neglect, ignore and distrust our bodies through years of dieting and unrealistic body expectations. In this course you will learn how to:

- Get out of your head and back into your body.
- Develop a relationship with your body that is flexible, compassionate and connected
- Acknowledge the incredible ways your body show up for you every day
- Free yourself from self-defeating and harmful body messages

Recommended reading: Reclaiming Body Trust - A Path to Healing & Liberation by Hilary Kinavey, MS, LPC and Dana Sturtevant, MS, RD

2/28/2024 to 4/3/2024, 6 sessions

Wednesdays: 6:30 PM - 8:00 PM Online

Instructor: Joni O'Donnell

\$70

(ONLINE) INTUITIVE EATING

This is an introductory course on how to heal your relationship with food, break free of years of chronic dieting and take back your life. It is designed for people who want to give up dieting and make peace with food and their bodies. Intuitive Eating is a research based, non-diet approach to health and wellbeing.

In this course participants will learn the following:

- What intuitive eating is and why it is linked to better health outcomes than dieting
- Some of the most common myths and misconceptions about intuitive eating
- The 10 principles of intuitive eating, and how to begin applying them in your life
- Common barriers to intuitive eating and ways to address them
- How to recognize and fight back against diet culture, weight stigma and the \$8.4 billion a year diet industry
- Why self-compassion is one of the most powerful resources in the process of making peace with food, and a simple way to start practicing it
- How to begin untangling your self-worth from weight and food
- How to use intuitive eating to support your mental and physical health
- This course will include a workbook, group discussions, tools and resources to put what is learned into practice outside of the classroom.

Recommended reading: Intuitive Eating by Evelyn Tribole, MS, RDN and Elyse Resch, MS RDN. This class is limited to (10) ten participants.

2/26/2024 to 4/1/2024, 6 sessions

Mondays: 6:30 PM - 8:00 PM Online

Instructor: Joni O'Donnell

\$70

REIKI LEVEL I

The Reiki system, a gentle "laying-on" of hands technique, helps restore balance in our lives and works on a holistic basis. It promotes well-being on a physical, emotional and spiritual level, recognizing the body's ability to heal itself. In the Level I Instruction course, students will receive a training manual. You will learn the history and effects of Reiki, receive complete instructions for self-treatment, and receive the Level I attunement. Registration cost includes a \$5.00 materials fee. Enrollment in this class is limited to ten (10) students.

2/28/2024 to 3/20/2024, 4 sessions

Wednesdays: 6:00 PM - 8:00 PM at RHS

Instructor: Lisa Huppert, Rev. Heather DeLusso

\$105.00

REIKI LEVEL II CERTIFICATION CLASS

The Reiki system, a gentle "laying-on" of hands technique, helps restore balance in our lives and works on a holistic basis. It promotes well-being on a physical, emotional and spiritual level, recognizing the body's ability to heal itself. In the Level 2 Instruction course, students will receive a class book, Level 2 sacred symbols and attunement, as well as Reiki 2 Practitioner Certification. This class is a combination of content and practicum work. Enrollment in this class is limited to ten(10) students. A \$6.00 material fee is included in the registration.

4/3/2024 to 5/8/2024, 5 sessions

Wednesdays: 6:00 PM - 8:00 PM at RHS

**Instructor: Lisa Huppert, Rev. Heather DeLusso
\$105.00**

Please note: Class will not be held on April 10th

SOUND HEALING - LEVEL 1

Come have fun bathing in the sound of the antique Tibetan Singing Bowls! Learn how to raise your vibrations with sound by moving and healing stagnation in the body. Students will be able to put down their electronics, release stress, anxiety, depression, manage pain, and get their chakras flowing again! This class will teach the history of the bowl, how to choose your bowl, what to listen for, and how to use and make the bowl "sing." Students will learn the technique on how to practice and interact with each other, and get a balancing from the instructor. You will receive a Level 1 Sound Healer Certification at the end of the class. Enrollment will be limited to twelve (12) students.

2/28/2024 to 3/27/2024, 5 sessions

Wednesdays: 5:30 PM - 8:30 PM at RHS

**Instructor: Denise Cassella
\$95.00**

SOUND HEALING - LEVEL 2

Prerequisite for this class is Sound Healing - Level 1; Proof of Certification will be needed at the first class if it was received outside of Vernon Continuing Education.

Come bathe in sound and de-stress, get your chakras flowing again with Tibetan Singing Bowls! Students will have fun relaxing and healing each other by playing with more than one bowl. This class will teach you how to use three to four bowls. It will give students an understanding of the depth of the healing properties given by the vibration of the bowls, and how to use Tingshas, and Hand Drums. You will receive a Level 2 Sound Healer Certification at the end of the class. Level Two will enhance your skills and increase the ease

with which you balance the left and right brain binaurally. Enrollment will be limited to twelve (12) students.

4/3/2024 to 5/8/2024, 5 sessions

Wednesdays: 6:00 PM - 8:30 PM at RHS

**Instructor: Denise Cassella
\$95.00**

**Please note: There will be no class on
Wednesday, April 10th**

HOME IMPROVEMENT

NEW! BATHROOM REMODELS

Explore the many options of bathroom remodeling in our informative class. Despite their size, bathrooms offer numerous options. Join us to learn about different styles, cabinets, and bath fixtures, and gain insight into basic space planning and industry trends. Let our guidance assist you in creating a comfortable space. Join our class and discover the possibilities to transform your bathroom into a personal oasis.

4/3/2024, 1 session

Wednesday: 6:00 PM - 8:00 PM at RHS

**Instructor: Neil Betts
\$20.00**

HOME STAGING

Are you getting ready to sell your home? Elevate your home's appeal and attract potential buyers with home staging. Discover the art of showcasing your property's best features and creating a welcoming atmosphere that sells. Staging your home can speed up the selling process by as much as 73%! Explore fun and proven techniques that appeal to buyers and maximize your profits.

4/24/2024, 1 session

Wednesday: 6:00 PM - 8:00 PM at RHS

**Instructor: Neil Betts
\$20.00**

NEW! INTERIOR DESIGN – BASIC TIPS AND TRICKS

Are you considering aesthetic updates for your home? Have specific projects in mind but unsure how to begin? Let's explore them together. Gain the insight and confidence necessary to tackle projects, whether they're big or small.

5/8/2024, 1 session

Wednesday: 6:00 PM - 8:00 PM at RHS

**Instructor: Neil Betts
\$20.00**

KITCHEN REMODELS

Feeling overwhelmed and not sure where to start with your kitchen renovation? Enroll in our workshop and discover how to pick the right styles, cabinetry, and kitchen accessories. Dive into essential space planning concepts and stay in the loop about the latest industry trends. Let's kick-start your kitchen remodel journey with knowledge and assurance!

3/27/2024, 1 session

Wednesday: 6:00 PM - 8:00 PM at RHS

Instructor: Neil Betts

\$20.00

NEW! LET'S GET ORGANIZED

Join us in exploring practical ways to maximize storage in your home. Learn about affordable or customized storage solutions that can help you declutter, organize your life, and use your space more effectively.

5/1/2024, 1 session

Wednesday: 6:00 PM - 8:00 PM at RHS

Instructor: Neil Betts

\$20.00

(ONLINE) VERNON REPLACEMENT WINDOW WORKSHOP

Attend our Window Replacement Workshop and explore product options and pricing. Discover the proper window installation process from the comfort of your home! Are you looking to cut down on heating and air conditioning expenses and tap into available incentive programs, but feeling unsure where to begin? With options like Low-E, Argon, Triple Pane, Wood, Vinyl, and Composite windows, determining the right price for high-quality windows can be perplexing. Don't worry – gain clarity by learning from a seasoned Master Carpenter. This workshop is essential for anyone considering window replacements, whether hiring professionals or tackling the project themselves.

3/12/2024, 1 session

Tuesday: 7:00 PM - 9:00 PM Online

Instructor: Paul O'Doherty

\$25

ONLINE REGISTRATION

Begins on January 25, 2024
at www.vrabe.com

JEWELRY MAKING

JEWELRY MAKING 101

Join our class for evenings filled with creativity, relaxation, and enjoyment. Discover the art of crafting jewelry tailored to your style, enhancing your wardrobe, and reflecting your personality. Whether you're a beginner or experienced, this class caters to all bead jewelry enthusiasts. If you've attended before, we welcome you back! Learn the intricacies of making earrings, bracelets, and necklaces using a variety of beads such as glass, plastic, metal, and semi-precious stones. Each session focuses on creating a different piece, ranging from simple to more complex designs. You can craft as many items as time permits. The instructor provides all necessary tools and offers supplies for purchase, enabling you to craft your ideal pieces. The cost for supplies typically ranges from \$2 to \$15, depending on the chosen materials for each project. Payment for supplies is made directly to the instructor. Each week, you can fashion something unique for yourself or as a thoughtful gift. This class is eligible for a qualifying senior/military discount. Register now and unlock your creative potential!

3/5/2024 - 3/26/2024, April 16, 30, May 7 & 14 (8 sessions)

Tuesdays: 6:00 PM - 8:00 PM at RHS

Instructor: Sandy Merrill

\$65

PERFORMING ARTS

(ONLINE) INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. **For ages 13+.**

3/26/2024, 1 session

Tuesday: 6:30 PM - 9:00 PM Online

Instructor: Craig Coffman

\$64

(ONLINE) INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration.

3/25/2024, 1 session

Monday: 6:30 PM – 9:30 PM Online

Instructor: Craig Coffman

\$64

VOICE-OVERS...NOW IS YOUR TIME!

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your voice for commercials, films, audiobooks, and more. Most people go about it the wrong way. In this introductory class, you will learn: about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.

4/22/2024, 1 session

Monday: 6:30 PM - 8:30 PM at RHS

Instructor: Associate of Such A Voice

\$30.00

PHOTOGRAPHY

DIGITAL PHOTOGRAPHY 1

Do you own a digital camera but find yourself dissatisfied with your photos or puzzled about why some shots turn out great while others don't? This class is designed specifically for you. We'll guide you away from the automatic mode, empowering you with complete control over your camera settings. Dive deep into essential photography concepts such as hand-holding techniques, adjusting aperture, shutter speed, and ISO, utilizing the camera's light meter, mastering focus, exploring depth-of-field, and selecting the right lenses. Learn how to handle image backup, cataloging, and digital editing basics. We'll unravel the complexities of your camera's controls, offer constructive

critiques of your photos, and provide ample hands-on practice time. Each participant receives a detailed handout for easy reference. Don't forget to bring your digital camera, instruction booklet, and saved JPG photos on a flash drive. Even if your camera lacks non-automatic modes, you're welcome to attend. A \$5.00 material fee is due to the instructor on the first night of class. Please bring cash to cover this expense. Enrollment is limited to fifteen (15) students.

2/27/2024 – 3/19/2024, 4 sessions

Tuesdays: 5:30 PM - 8:30 PM at RHS

Instructor: Peter Glass

\$90.00

EDITING YOUR PICTURES IN PHOTOSHOP'S ADOBE CAMERA RAW

Photoshop is a widely recognized and arguably the best digital imaging program available today. Within Photoshop, there's another powerful tool called Adobe Camera Raw (ACR), originally designed for processing RAW images—a more robust format than JPG, ideal for serious digital editing. ACR has advantages over Photoshop for several reasons: it's easier to learn due to Photoshop's complexity, it offers a variety of editing tools, and it caters to the needs of both amateur and professional photographers, supporting multiple image formats. All images can benefit from digital editing. Basic adjustments like lightening dark areas, darkening light areas, improving colors, adding sharpness, and removing distractions enhance the overall quality of photos. Editing is as crucial as capturing pictures, transforming them into something unique. For instance, spending time photographing a model is complemented by interpreting and applying a personal style using ACR for extensive digital editing. Upon arrival, a comprehensive handout will be provided to simplify class understanding, allowing more focus on listening and participating rather than extensive note-taking. The current Photoshop version, including ACR, is available through Adobe's subscription at around \$10 per month, which also includes Adobe Lightroom. Owning Photoshop is not mandatory for this course. A \$5.00 material fee is due to the instructor on the first night of class. Please bring cash to cover this expense. Enrollment in this class is limited to fifteen (15) students.

4/29/2024 to 5/6/2024, 2 sessions

Mondays: 5:30 PM - 8:30 PM at RHS

Instructor: Peter Glass

\$50

TAKE GREAT PHOTOS WITH YOUR SMARTPHONE

Experience the swift advancements in smartphone camera technology. These devices now emerge as credible substitutes for hefty SLR cameras, liberating enthusiasts from the burden of carrying excess gear in pursuit of the perfect shot. Tailored for those committed to achieving stellar images with their smartphone cameras, this course advocates a shift away from the confinements of Auto Mode, encouraging the embrace of Manual or Shutter Priority modes for heightened control and improved image quality. In this course we will cover:

- Fundamental photography theory
- Camera control manipulation
- Techniques for stable handheld photography
- Step-by-step guidance for compelling images
- Recommended accessories and top-tier camera apps
- Key considerations when acquiring a new or used smartphone

Throughout the course, participants will actively engage with their smartphone cameras, receiving constructive feedback to enhance both technical proficiency and compositional skills. A detailed handout will be provided, serving as a valuable reference during and after the class. Ensure you come prepared with a fully charged cell phone and relevant accessories, including a battery charger. Elevate your smartphone photography prowess with us! It's important to note that this class does not cover selfies. Rather, it delves deep into the essential knowledge required for capturing exceptional smartphone pictures.

Please bring your fully charged cell phone and any accessories you may have including a battery charger. A \$5.00 material fee is due directly to the instructor the first night of class. Please bring cash to cover this expense.

4/16/2024 to 4/23/2024, 2 sessions

Tuesdays: 5:30 PM - 8:30 PM at RHS

Instructor: Peter Glass

\$50

ONLINE REGISTRATION

Begins on January 25, 2024
at www.vrabe.com

REAL ESTATE

NEW! FOR SALE BY OWNER

This class will cover what it takes to sell a home and what you will need to know to be successful. Starting from getting the home ready, marketing the house, negotiating a contract and closing the deal. How much money will you actually save by selling yourself?

3/26/2024, 1 session

Tuesday: 6:30 PM - 8:00 PM at RHS

Instructor: The Goff Team, BHHS NE Properties
\$20

NEW! HOUSE FLIPPING FOR BEGINNERS

Learn what your risks are and how to minimize them, how to finance your flip, how to set-up a budget, and important tips including how to choose the right location and house. We will share with every attendee an invaluable and comprehensive flip budget sheet which covers all the costs associated with flipping a house.

4/30/2024, 1 session

Tuesday: 6:30 PM - 8:00 PM at RHS

Instructor: The Goff Team, BHHS NE Properties
\$20

NEW! HOW TO BECOME A REALTOR

Thinking about a career in real estate? This course will cover education requirements, costs and fees, different types of broker compensation and commission splits and what it takes to build a successful real estate business or team. The real truth behind buying and selling homes as a career.

5/6/2024, 1 session

Monday: 6:30 PM - 8:00 PM at RHS

Instructor: The Goff Team, BHHS NE Properties
\$20

NEW! INVESTING IN RENTAL PROPERTIES

This class will concentrate on investment in condos and multi family units. It will cover finding properties, options for financing your investment, rental income needed to receive a return on your investment, vetting renters, property management and becoming a landlord.

4/22/2024, 1 session

Monday: 6:30 PM - 8:00 PM at RHS

Instructor: The Goff Team, BHHS NE Properties
\$20

NEW! THINKING OF SELLING? STEPS TO GET TOP \$\$\$

Find out what today's buyers are looking for. This class will cover every aspect of readying your house for sale, from home content removal, to cleaning and staging. Every attendee will receive a complete home vendor list with movers, painters, electricians, roofers, landscapers etc. This class will set you up for a successful and more profitable home sale.

13/18/2024, 1 session

Monday: 6:30 PM - 8:00 PM at RHS

**Instructor: The Goff Team, BHHS NE Properties
\$20**

INSTRUCTORS WANTED!

CONTINUING EDUCATION INSTRUCTORS AND CLASSES WANTED!

Have an idea for a class that you would like to teach?
Let us know! Email:
Miles@vernon-ct.gov

ONLINE REGISTRATION

Begins on January 25, 2024
at www.vrabe.com

REFUND POLICY / CREDIT POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.

WE DO NOT OFFER CREDIT

NO OTHER REFUND REQUESTS WILL BE HONORED.

ONLINE CLASSES

The following classes will be held virtually via Zoom (or other online platform). Please find details and course descriptions in the catalog listings.

COMPUTERS AND TECHNOLOGY – pg. 8

Introduction to Facebook & Instagram
for Beginners

Facebook and Instagram for Business

How to Sell Online with Etsy, Shopify,
Amazon & Tiktok

How to use Canva like a Pro

Intermediate Excel

Introduction to Excel

EXERCISE AND PHYSICAL FITNESS – pg. 13

Zumba and Z-Tone

FINANCIAL PLANNING – pg. 19

Plan Your Social Security with Confidence...
Do You Know which Strategy is Best for
You?

HEALTH IN BODY & MIND – pg. 21

Healing Your Relationship with Your Body
Intuitive Eating

HOME IMPROVEMENT – pg. 22

Vernon Replacement Window Workshop

PERFORMING ARTS: MUSIC AND ACTING – pg. 23

Instant Guitar for Hopelessly Busy People
Instant Piano for Hopelessly Busy People

CONTINUING ED TEACHING/NEW COURSE PROPOSAL

**Have a great idea for a class that you would like to teach?
Fill out the proposal form below!**

(Continuing Ed Teachers do not need to have a teaching certification)

Thank you for your interest in Vernon Adult & Continuing Education. We offer two sessions per year (Spring & Fall). The selection of classes is done in April/May for our Fall Catalog, and October/November for our Spring Catalog. For additional information regarding teaching a class, contact our office at (860)-870-6060.

Name: _____ Date: _____

Business Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Cell Phone: _____ Home or Business Phone: _____

Email: _____

Proposed Course Title: _____

Course Objective: _____

Course Description: (approx. 50 words)

No. of Sessions (1 to 10 weeks): _____

Day of Week (circle): Monday Tuesday Wednesday

Fall Semester (Late Sept – Late November) Start: _____

Spring (Late Feb-Late April) Start: _____

Start/End Time (between 5:00 PM-8:30 PM): _____

In Person (Rockville High School) or Online: _____

Do you need to charge a material fee? Y/N If yes, amount and reason:

List any special equipment or materials if needed:

Do you teach this course in other Adult Ed Programs? Y/N _____

If yes, where? _____

Paid Instructor* or Volunteer Instructor? _____

*Paid instructor will need to apply online through Vernon Board of Education Employment Application after proposal is accepted

ADULT EDUCATION (High School Completion & ESL) REGISTRATION PROCEDURES

VRABE Orientation Pre-Registration Form ORIENTATION REGISTRATION

FOR CONNECTICUT RESIDENTS ONLY (living in the 14 town region)
HIGH SCHOOL COMPLETION CLASSES FOR THE 2023-24 SCHOOL YEAR.
CLASSES WILL START THE WEEK OF MARCH 4, 2024.

All NEW students interested in enrolling in VRABE's High School Completion Programs (CDP, GED or NEDP) are REQUIRED to register for and ATTEND the two-part Orientation Sessions. All High School Completion Programs are FREE to residents in the 14 towns served by VRABE. Towns include Ashford, Bolton, Colchester, Coventry, East Windsor, Ellington, Glastonbury, Griswold, Mansfield, South Windsor, Tolland, Vernon, Wethersfield and Willington.



PROGRAM REQUIREMENTS

ELIGIBILITY: The State of Connecticut's minimum age for students to drop out of high school and attend adult education is 17 years old.

WHAT DO I NEED TO START:

- (1) WITHDRAWAL: Age 17 & 18 ONLY: A letter of withdrawal from your former high school. No out-of-state high school withdrawals will be accepted. NOTE: Out-of-state students must go to their CT town of residence high school to execute a withdrawal from a CT school.
- (2) IDENTIFICATION: State or Government issued I.D. (CT driver's license, CT State I.D., Passport, Military I.D.). NOTE: Out-of-state students must provide proof of residency (i.e. lease, utility bill, recent mail to you at CT address).
- (3) CDP-CREDIT DIPLOMA STUDENTS ONLY: An "OFFICIAL" transcript is REQUIRED to register for CDP classes.

If you have any questions regarding your registration, please contact VRABE at 860-870-6060 Shari Beaupre or email: shari.beaupre@vernonct.org.

English as a Second Language (ESL)

ESL CLASSES WILL BEGIN THE WEEK OF
MARCH 4, 2024 AND WILL BE IN-PERSON OR ONLINE.

TO REGISTER: PLEASE COMPLETE THE PRE-REGISTRATION
FORM USING THE QR CODE BELOW.

IF YOU HAVE QUESTIONS EMAIL shari.beaupre@vernonct.org OR CALL 860-870-6060.

Registration Process (Step-by-Step Instructions)

- (1) Fill out the Pre-Registration form using the QR code below.
- (2) Watch for an email asking you to complete a Student Information Form (SIF).
- (3) Submit the completed SIF (you will get a confirmation that form was submitted).
- (4) If you are a new student, email a copy of your Official I.D. (passport, license, state or federal ID) to shari.beaupre@vernonct.org.
- (5) Watch for an email asking you to schedule a pretest to determine your level of English proficiency.
- (6) Watch for an email confirming class placement.

PLEASE NOTE

- Students must be 17 years of age or older.
- Students ages 17 and 18 must have a CONNECTICUT high school withdrawal prior to enrolling in classes.
- Classes are offered free to students in our 14-town region.



For more information, please contact Cortney Gerlach, Regional ESL Coordinator, VRABE Regional Adult Based Education. Email cortney.gerlach@vernonct.org or call 860-896-4113.

FOR ADULT STUDENTS TAKING CLASSES AT ROCKVILLE HIGH SCHOOL

YOU MUST ENTER ROCKVILLE HIGH SCHOOL EITHER THROUGH THE MAIN DOORS WHICH FACE LOVELAND HILL ROAD OR THROUGH THE BACK DOORS WHICH ARE ON THE VO AG (NORTH) SIDE OF THE BUILDING. YOU MAY PARK IN THE LOT IN FRONT OF THE BUILDING OR IN THE LOT ON THE NORTH SIDE OF THE BUILDING. PLEASE NOTE THAT PARKING IN THE LARGE LOT ON THE SOUTH SIDE OF THE BUILDING WILL CREATE A VERY LONG WALK TO THE FRONT MAIN ENTRANCE OR THE REAR ENTRANCE. THESE ARE THE ONLY TWO ENTRANCES THAT WILL BE OPEN.

DIRECTIONS TO ROCKVILLE HIGH SCHOOL (RHS) 70 Loveland Hill Road, Vernon, CT 06066

Traveling East: Leave Interstate 84 at exits 64-65. Ramp divides. Bear left. Ramp divides again, bear right to stoplight. You will be on Route 83 North. Go to the 10th stoplight on Route 83. At that light turn right onto Loveland Hill Road. Rockville High School is at the top of the hill on the right. Follow Loveland Hill Road to the 1st stop sign and take a right into the parking lot on the North side of the building.

Traveling West: Leave Interstate 84 at exit 66. Turn right at the end of the exit ramp. Go to the stop sign and turn left onto Bolton Road. Go straight through the stoplight and follow Center Road to the end. Turn left at the end of Center Road onto Regan Road. At the first stoplight, go right onto Route 83 North. At the first stoplight turn right onto Loveland Hill Road. Rockville High School is at the top of the hill on the right. Follow Loveland Hill Road to the 1st stop sign and take a right into the parking lot on the North side of the building.

DIRECTIONS TO VERNON CENTER MIDDLE SCHOOL (VCMS) 777 Hartford Turnpike, Vernon, CT 06066

Traveling East: Leave Interstate 84 at exit 66. At the end of the exit ramp go left. At the stop sign (blinking light) go left onto Bolton Road. At the first set of lights go right onto Route 30, Hartford Turnpike. Travel approximately one-half mile and Vernon Center Middle School will be on the left.

Traveling West: Leave Interstate 84 at exit 66. Turn right at the end of the exit ramp. Go to the stop sign and turn left onto Bolton Road. At the first set of lights, go right onto Route 30, Hartford Turnpike. Travel approximately one-half mile and Vernon Center Middle School will be on the left.

REFUND POLICY / CREDIT POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.

WE DO NOT OFFER CREDIT

NO OTHER REFUND REQUESTS WILL BE HONORED.

REGISTRATION FORM

PLEASE COMPLETE THIS FORM IN FULL AND MAIL IT TO:
VERNON CONTINUING EDUCATION, ROCKVILLE HIGH SCHOOL
70 LOVELAND HILL ROAD, VERNON, CT 06066

PLEASE MAKE ALL CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

1.	_____	_____	_____	_____
	LOCATION	COURSE	DAY	TIME
2.	_____	_____	_____	_____
	LOCATION	COURSE	DAY	TIME
3.	_____	_____	_____	_____
	LOCATION	COURSE	DAY	TIME
4.	_____	_____	_____	_____
	LOCATION	COURSE	DAY	TIME

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP CODE _____

TELEPHONE: CELL _____ HOME _____

EMAIL ADDRESS: _____

I AM A SENIOR CITIZEN (62 YEARS OLD OR OLDER) YES NO

I AM MILITARY RETIRED RESERVES ACTIVE

PLEASE CHECK YOUR METHOD OF PAYMENT: CASH CHECK MONEY ORDER

* MASTERCARD NUMBER: _____

* VISA CARD NUMBER: _____

* EXPIRATION DATE: _____

* 3 NUMBER SECURITY CODE ON BACK OF CARD BY SIGNATURE LINE: _____

* SIGNATURE: _____

(REQUIRED FOR MAIL-IN CREDIT CARD REGISTRATION)

REGISTER EARLY!

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations the week before the class begins, the course may be cancelled. So please register early!

SOME NEW COURSES THIS SEMESTER

- Crochet 102
- Dividend Investing
- The Power of Stock Options
- Interior Design Tips and Tricks
 - Let's Get Organized
 - How to Become a Realtor
- Investing in Rental Properties

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After registering online, you'll get an instant Order Confirmation email from info@vrabe.com. If it's not in your inbox, check your spam folder, move it, and allow future emails from info@vrabe.com for important class updates, including Zoom links and material lists.



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